September 4, 2020
Issue #20

Transpersonal Psychologist, and Co-Owner of Evenstar's Chalice, Mara Evenstar

The Crazy Wisdom Weekly

shining a light in the dark

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

The Crazy Wisdom Weekly

Letter From the Publisher

Crazy Wisdom Bookstore had been closed since March 16th, because of the pandemic. We re-opened last week, and that is a cause for (our) celebration. What a strange time it has been, and especially the first few months of the shutdown. It was weird to be in business for 31 straight years, and only be closed a few days a year for holidays, and then to suddenly stop being open—no life, no movement, no tearoom music, no poetry nights, no flow of customers in-and-out, no retail headaches, no sales. It was like a death.

The pandemic is still… whatever. Still happening. And yet we are open. With masks on, socially distanced, plexiglass between ourselves and our customers at the front counter. A very weird time in all our lives.

I celebrate Sarah Newland, our longtime manager of 27 years, who is now our General Manager, for having the fortitude to do all the many steps involved with bringing us back into business. Thank you, Sarah. And I celebrate Carol Karr, our longtime manager of 24 years, who has kept our online presence dynamic and lively for all these months. Thank you, Carol.

And our re-opening coincides with the publication of our 25th anniversary issue of The Crazy Wisdom Journal. This is especially gratifying because we had to skip our usual spring issue, because of the pandemic, and I did not feel certain we would reach this milestone issue. And yet here it is, a true celebration of our publishing a magazine for our regional readership for all these years! Wow. What bookstore staffer Rachel McKee began as a four-page newsletter has ever so slowly morphed into one of the highest quality, regionally focused, conscious living magazines in the country. We thank our hundreds of advertisers over these years, and our dozens of contributing writers and photographers and illustrators. And our talented editors Maureen McMahon, Julianne Linderman, and Jennifer Carson. And especially the two production/design editors who were our mainstays during this past quarter-century: Molly Nuzzo and Carol Karr. Thank you, thank you!

And now onward, into the fall of 2020, a fall of reckoning. Reckoning with the pandemic, and reckoning with the upcoming election. May Crazy Wisdom remain an oasis for this region—a place to remember our better angels, and our higher selves.

Bill Zirinsky

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WE ARE OPEN!

Crazy Wisdom is committed to doing our part to prevent the continued spread of Covid-19.

The safety and well-being of our staff and guests is our priority.

New Hours:
Monday-Saturday 11-7
Sunday 12-5
734.665.2757
crazywisdom.net

We are closely following the workplace safety guidelines based on the Michigan Occupational Safety & Health Administration and the U.S. Centers for Disease Control, including:

- **requiring masks, staff & customers**
- **physical barriers at check-out**
- **social distancing of at least six feet**
- **limiting the number of customers to 10**
- **hand sanitizer available for staff and customers**
- **enhanced regular cleaning and sanitizing protocols**
- **closure of second floor and closure of public restroom**

Thank you for being patient with us as we navigate these uncertain times!

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

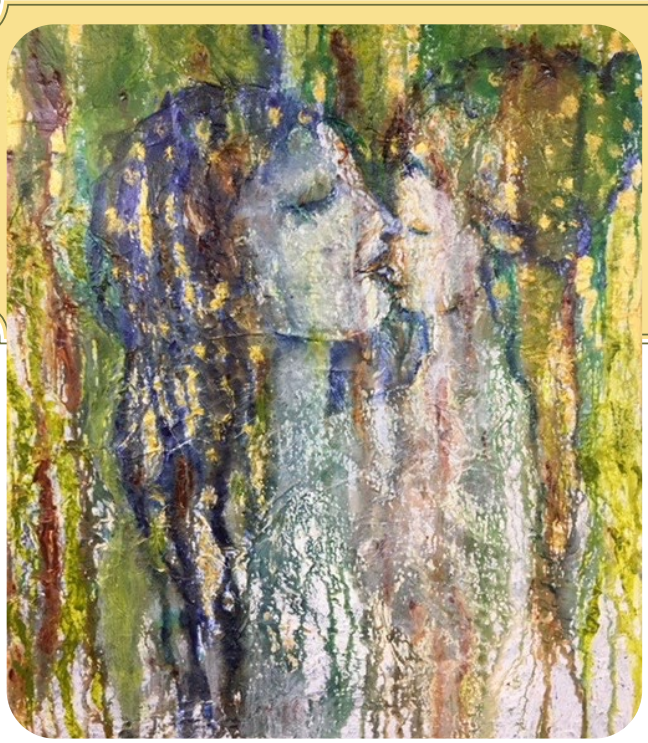
Angela Madaras
Sibel Ozer
Peggy Lynch
Suzy Adra
Mara Evenstar
Dr. Lev Linkner
Carol Karr
Sarah Newland
Jennifer Carson
Bill Zirinsky

Word of the Week:

Benighted

In a state of pitiful or contemptible intellectual or moral ignorance.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your dogs, or musings on current events. Send your submission to Jennifer@crazywisdom.net.



ay something nice

By Sibel Ozer

Overall, I am a better therapist than I am a mother. My love for my children is unquestionably larger/deeper than my care for my clients, and yet when it comes to communicating it, I do a better job as a therapist.

Being a therapist is by far less messy than being a parent, and also quite a bit less vulnerable. My ego functions are often triggered as a parent, whereas I can easily keep them out of the picture in my role as counselor. I so cherish the concept of *good enough parenting*. That, I can do.

Being a mom is more complicated in that it is many jobs woven into one role and they don't always align. Conflicting desires co-exist, warring to get their agenda through. The love is underneath it all, and yet there is the responsibility to model and mold a good work ethic, to form a sense of responsibility and accountability, to transfer morals and values, to create empathy alongside a solid sense of self-respect, to encourage their minds to remain open and curious, to tolerate their needing to experience their resilience, to teach kindness, and so much more. I have to reread the passage on children in Kahlil Gibran's *The Prophet,* to remind myself of the fallacy of my own indoctrination on parenthood.

I am not expected to shape and influence my clients the way I try to shape my children. In fact we would consider that undesirable most of the time, something that gets in the way of our neutrality, and our clients' rights to be seen, heard, and understood as they are. Most of the time it is easier to listen, in fact it is the bulk of the work, even when I don't agree with what I am hearing. At times I find myself getting impatient though, no different than in my parental role, particularly when I see my clients being cruel to themselves, or allowing themselves to be mistreated.

I had a really lousy session the other day where my client told me she felt as if I didn't want her to succeed, and that I didn't trust her. At least there was safety enough for her to be honest about it! And thankfully, I'm humble enough to admit when I take a wrong route. There are always so many possible threads to follow in a therapy session. I was asking some hard questions with the choices my client made, and though they were relevant and important to consider, I missed what she most needed in that moment, which was moral support. It was not ideal, but it happens.

The times I am a lousy parent, similarly choosing to follow the wrong thread in a given interaction, are too numerous to know. The older our children become the more of a challenge this becomes, as we have to relinquish the things we so desperately want to pass on to them as we run out of time. The role of teacher, explainer, and guide between right and wrong, becomes mostly obsolete, even as the habit remains. It may never become obsolete on our end, but they are simply no longer interested.

And, of course, there are the other roles I haven't touched on, of being a partner or spouse, a colleague or friend, a mentor or actual teacher to someone. In these roles, too, there are choices around what one will focus on, where one will take the conversation. We can be more logical, emotional, pragmatic, encouraging of freedom and folly, serious, humorous; the possibilities are really endless.

I find the better threads to follow are there if we are intent on finding them. This is easier to do when we are balanced and resourced, which one rarely is with young or multiple children, or if one is overwhelmed, burdened, grieving, or lacking in health. When I am centered within myself, connected to my core Self, and attuned to seeking what might be most helpful, it'll often come to me. I think of this practice as connecting to the current or wavelength of higher wisdom. Seek and you shall indeed find it.

Read the rest of this article on our blog.

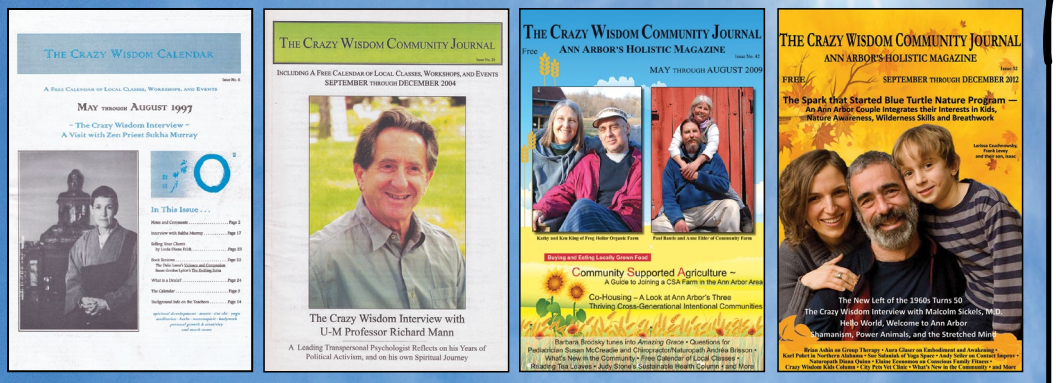
Sibel Ozer is a licensed professional counselor and board-certified art therapist currently doing private practice in downtown Ann Arbor. Visit www.sibelozer.com, or email fireflyarttherapy@gmail.com.

The Crazy Wisdom Community Journal

Southeastern Michigan's Conscious Living Magazine

FREE September through December 2020 - Issue 75

25th Anniversary Issue


The Crazy Wisdom Calendar
May through August 1997
~ The Crazy Wisdom Interview ~
A Visit with Zen Priest Sukha Murray
In This Issue . . .
The Crazy Wisdom Community Journal
Including A Free Calendar of Local Classes, Workshops, and Events
September through December 2004
The Crazy Wisdom Interview with
U-M Professor Richard Mann
A Leading Transpersonal Psychologist Reflects on his Years of Political Activism, and on his own Spiritual Journey
The Crazy Wisdom Community Journal
Ann Arbor's Holistic Magazine
May through August 2009
Buying and Eating Locally Grown Food
Community Supported Agriculture ~
A Guide to Joining a CSA Farm in the Ann Arbor Area
Co-Housing – A Look at Ann Arbor's Three Thriving Cross-Generational Intentional Communities
The Crazy Wisdom Community Journal
Ann Arbor's Holistic Magazine
FREE
September through December 2012
The Spark that Started Blue Turtle Nature Program —
An Ann Arbor Couple Integrates their Interests in Kids, Nature Awareness, Wilderness Skills and Breathwork
The New Left of the 1960s Turns 50
The Crazy Wisdom Interview with Malcolm Sickels, M.D.
Hello World, Welcome to Ann Arbor
Shamanism, Power Animals, and the Stretched Mind

Leading Lights from the Community (and from our previous covers) Came Together on the Eve of the Pandemic to Help Us Celebrate

From left to right: Bill Zirinsky, Linda Diane Feldt, Brian O'Donnell, Bronwen Gates, Lev Linkner, Cathy King, Haju Sunim, Richard Mann, Larissa Czuchnowsky and her son, Isaac Levey

Sandor Slomovits on the Legacy Land Conservancy • The Grit Behind the Grange (Restaurant) • Hidden Gems: Green Spaces You Might Not Know About • Yin Feminism • Sandy Finkel and Dennis Chernin on Stepping Out of their Comfort Zones • Kintsugi and the Art of Healing the Broken Heart • Saved by the Squirrels • Psychotherapist Marcia Haarer • Kokopelli's Corner • Conscious Parenting • Great Tastes • Yoga Column • And More

Don't miss the 25th anniversary issue of *The Crazy Wisdom Community Journal* on newsstands now and also online!

From the Fall Issue of the Journal

For our 25th Anniversary Issue of the Crazy Wisdom Journal, we invited eight well-respected leaders in the regional conscious living community to tell us what they have been up to and what they have been thinking about during these months of sheltering in place. Below is our featured interview with Dr. Lev Linkner.

Dr. Lev Linkner

Dr. Lev Linkner has been involved with Holistic Medicine for over 43 years. He has been in solo practice in Ann Arbor for the last 20 years in a Multidisciplinary Holistic Center. During his first year in medical school at the University of Michigan, he was a founding member of the Ann Arbor Peoples Free Clinic, where he began his interest in healing. A charter member of the American Holistic Medical Association since 1979, he has been on the board of trustees and served as the secretary. Since 1977 he is a clinical assistant professor, advisor, and researcher at the University of Michigan. He was on our cover for our Millennium issue in January 2000.

Did you develop any new habits during these months of stay-at-home orders and social distancing, or because of fear of exposure to Covid-19?

We have become better cooks and experimental chefs! Mostly vegetarian, gluten, and dairy free. YUMMY!

How have you handled this unique time in your life? Have you found yourself getting lonely, and if you have, how have you helped yourself to feel better? What gifts or blessings have come your way during these months, and what has been hardest?

We have five grown children and have been babysitting three days a week our two-year-old grandson who lives a few blocks from us. It has been a blast and a joy! I have not been lonely at all. Hanging with him has been a gift and delight. The hardest issue is missing the rest of the kids, their spouses, and other grandkids. We are a very close family going from each coast, and really miss the travel and time to be with them.

Have you indulged in any guilty pleasures while in quarantine? If yes, what?

No. My life is pretty stable that way.

When you were a child, what did you dream of becoming as an adult?

An astronaut, a fireman, and president of the U.S.

What inspired you to become a physician?

My father was a doc, and he inspired me. We went on house calls together and he showed me how to love and respect all people. I believe that the art and science of medicine is fascinating, and serving others becomes a way of life.

How do you see your work life changing as a result of this period in your life?

For over 40 years I have been excited to walk into my office. I breathe in and out love as I walk through the door. Being able to help folks and have a close personal relationship with multiple generations has been the beauty of my work (honestly, has never been work). Now I have to resort to telemedicine, emails, and phone calls. It is important to be available, but nowhere near the same. The value of human touch is missing. I can't wait to be a normal holistic doc again!

—Dr. Lev Linkner

Did your childhood dreams manifest in your adult life? How?

Yes. My wife and I have been married over 50 years, have a wonderful, loving, and close family. I enjoyed the old way of working, and plan to do that eventually until I am 102 years old. I dreamed of helping others, the planet, and making a difference!

What will have changed in your life permanently due to covid-19?

Hopefully just the memory of this weird and stressful time. I hope the politics will be changed for the better this November.

What do you think is the most fascinating or profound aspect (or aspects) of this pandemic, and its effects on our culture and country?

Seeing the lies and hypocrisy that our government has shown are callous and causing many to die. I am worried that the human element of touch, caring, and community has been compromised. It has been profound that many are using technology to still try to be close and connected. Like the Grateful Dead song, *Touch of Gray*... I will get by, I will survive!

Read more articles from our current issue online!

From Our Blog–Helping the Homeless

by Peggy Lynch

The day after Christmas, 2019, a day when many celebrate the birth of a homeless child, a social mediate site for Ann Arbor townies posted this question: "Would you ever open your home to a homeless person?" Forty-eight comments later, administrators closed the post's comments. My take on these comments is that most people answered "yes," "no" or "if I knew the homeless person."

matt-collamer-8UG90AYPDW4-unsplash.jpg
That last answer – "if I knew the homeless person" – goes to heart of what we at Mercy House and the non-profit MISSION do. We seek to build community, both among those experiencing, as well as our wider community, in part by creating opportunities for us to get to know each other. In the spirit of community building, we invite you to one of our many opportunities for getting to know others, including neighbors experiencing homelessness.

For example, for nearly ten years MISSION has hosted a Sunday dinner and meeting for the homeless community. Local faith communities and others provide dinner, and participate in relationship and community building. MISSION's Sunday dinner provides an opportunity to meet each other, a first step in community building. You are welcome to join us on Sundays.

Additionally, six winters ago, the Mercy House and wider homeless community collaborated with local faith communities such as St. Mary Student Parish, First Baptist, First Congregational and others, as well as the Shelter Association, to launch a democratically self-governed day time warming shelter. Our day shelter has grown, while rotating from church to church throughout the winter. Sherri Wander and Seth Best, long time community leaders, facilitate the winter day time shelter.

Speaking of Sheri Wander, she and others recently celebrated the first anniversary of Peace House Ypsi, another house of hospitality in the traditions of Dorothy Day and Jane Addams, like Mercy House Ann Arbor. Peace House Ypsi builds and extends our community, while working to meet the humanitarian aid needs of its friends and neighbors.

After receiving many emergency shelter requests from families with school age children, we also started a fund, which collaborates with the Ann Arbor Public Schools. The fund pays for short term emergency hotel stays for families with children in the Ann Arbor Public Schools. This fund mitigates the trauma of homeless otherwise experienced by children and their families. The demand for emergency hotel stays is great and we need donations to this fund.

In this time of fear, anger and division, we each have the power and responsibility to choose. We do not have to choose fear, isolation and division. We can choose community, conversation and hospitality. Mercy House and MISSION invite you to get to know your neighbors – those experiencing homelessness and others – and work with us to choose community. You can contact Mercy House on Facebook. You can contact MISSION through MISSIONA2.org.

Read more articles on our blog.

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For ony $18 a year you can enjoy all the wonderful articles in southeastern Michigan's conscious living magazine delivered directly to your home.
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Crazy Wisdom, Attn: Jennifer Carson, 114 S. Main, Ann Arbor, MI 48104.

Subscribe now to have the fall issue of *The Crazy Wisdom Community Journal* delivered right to your door!

Subscribe here!

5 Questions for author Suzy Adra

When did you realize that you were a storyteller?

I have been writing since I was a teenager, I just never really thought of myself as a storyteller. I still have a notebook full of poetry that I wrote back then. I consider myself more of a truth-teller.

What is it that you love about writing?

Writing allows me to really detail my thoughts. With writing, like painting, I am able to go back and edit to make sure I am capturing the essence of what I am trying to say. It also helps me break up complex ideas so that they are simpler and easier to understand. It is an excellent way for me to study and learn about the world and share my insights.

What inspired you to write Sex in the Twenty-First Century: Healing Collective and Individual Trauma?

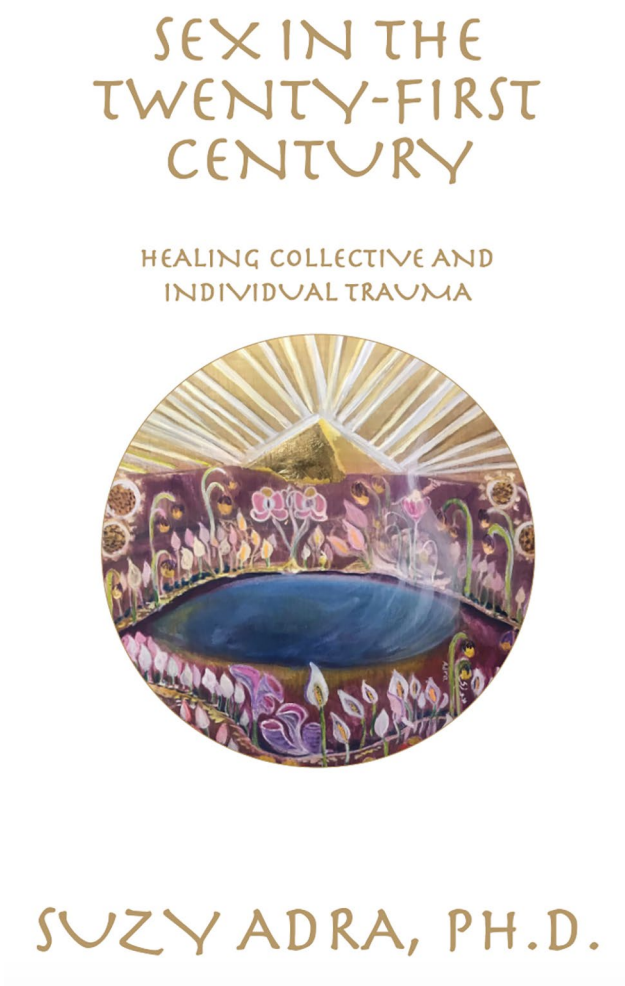
Several things have inspired this book, the first is that everyone has trauma whether they admit it or not. The second is my own healing journey, and third were certain traumatic experiences that I witnessed loved ones go through around me.

How do sex and art therapy come together?

If you read my book you will have a bit more in-depth about this notion. To put it simply, there are certain suppressed emotions that happen due to trauma that we do not understand, nor have words for, that can only be accessed and processed through painting.

What was one of the most surprising things you learned about yourself while writing this book?

Ha! The most surprising thing, and I never thought I would say this, is that I will surely be writing more books in the future!



Purchase your copy of *Sex in the Twenty-First Century* at shopcrazywisdom.com.

Look a Little Deeper

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What's Up in Our Community

Join us for a little peek into the lives of some of our community members. This week we asked transpersonal psychologist, and co-owner of Evenstar's Chalice, Mara Evenstar, a few questions about her business and life during covid.

What's the most difficult thing personally that you've had to deal with during this time of stay-at-home orders and limited openings? How did you cope?

So far, I am feeling blessed and have not been negatively affected personally. A big part of my personality is an introverted home-body, so in some ways this time has helped me renew and build resilience. The most difficult thing I have experienced related to the pandemic is when my youngest granddaughter was sick with the virus, and my daughter (her mother), who is a nurse, was struggling with exhaustion. Things were very difficult in her household and there was very little help that could be safely offered.

How have you had to pivot your business during this pandemic to continue taking care of clients/shoppers?

We took many of our offerings online—at least for those it made sense to do so. We continued to offer gatherings, classes, and services online over Zoom, and we quickly cobbled together an online shop and fulfillment processes for some of our inventory. We spent a decent amount of time setting things up so that we could easily pivot back and forth depending on the open/close requirements at the time. We were also in the process of launching Evenstar Institute and the primary pivot for that was also to move the course offerings to an online format only—at least through the fall.

How can celebrating changes in one's life help someone cope with the stress and/or fear of illness?

I feel it is important to not only accept change, but to learn to embrace it—or at least look for the gifts. Even with great loss, there is always a gift. And stepping into life with gratitude for the gifts can enhance your resilience and even build your immune system!

What inspired you to initially open Evenstar's Chalice? What keeps you going now?

I like to describe Evenstar's Chalice as an unexpected pregnancy. "Ookay, so we're doing this now!" For several years we had been working toward a vision of creating a center—inspired by the likes of Omega in the East and Esalen in the West. Having a retail store as part of the center was always part of that larger vision, but the opportunity arose to open the store and we took the step—not even clear exactly what we were stepping into!

What keeps me going is that larger vision, which is nurtured by the amazing day-to-day experiences we are having at Evenstar's Chalice. It proves to me that this world, or at least my little corner of it, is filled with amazingly brilliant souls who long for connection, love, and service.

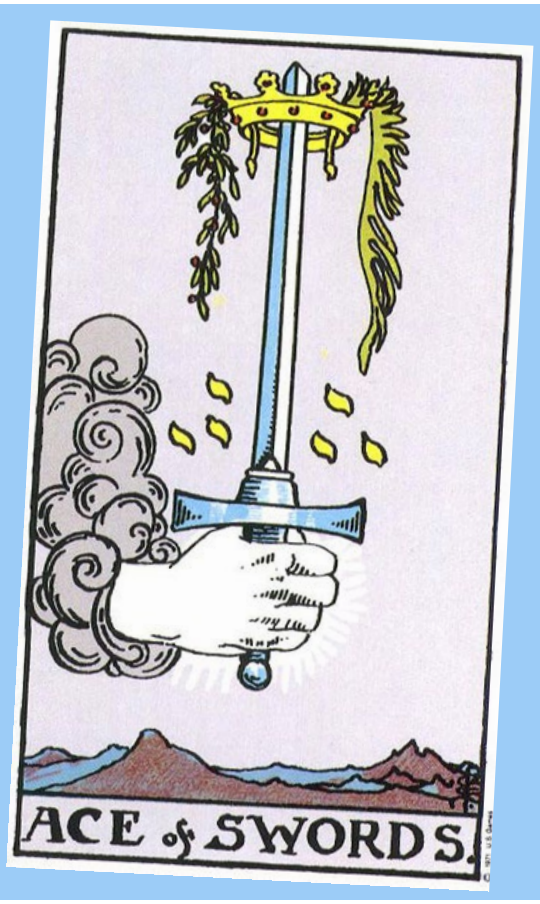
We don't see Evenstar's Chalice as an end point, but as a step along the way to the larger vision. We have taken another step in that direction by launching Evenstar Institute in early July. Evenstar Institute is dedicated to the uplifting of All, through learning and development based in transformation, inspiration, and connection. We have started with a handful of online courses for this fall and we are super excited to moving be in this direction. Creation and visionary thinking, these are the core ways that we not only cope with, but feel empowered to co-create our reality.

How do you unwind after a day at the shop?

I really enjoy reading, both for learning and for pleasure. More recently I've fallen in love with the sacred process of making prayer malas. And on days when my brain is "done" at the end of the day, I enjoy watching movies or some favorite streaming shows. I love a good story and beautiful visual storytelling. Or sometimes I just sit on my deck under a Grandmother Maple and breathe.

Tarot Card of the Week

By Carol Karr



Ace of Swords

Breakthroughs, new ideas, mental clarity, and success.

The Ace of Swords shows a gleaming hand appearing from a white cloud, a representation of the Divine. It holds an upright sword, symbolic of the mind and the intellect, and at the tip of the sword sits a crown draped with a wreath, a sign of success and victory. While this Ace is a sign of triumph, the jagged mountains in the background suggest that the road ahead will be challenging. You will need mental resilience to navigate this path.

Healing Nectar Arts

Compassionate Self-Care Cards & Posters

Created by: Evelyn Ann Barber, an educator of over 30 years, with a MA in Human Development, Leadership in Education, a BA in Child Development, and is a Certified Child Life Specialist. She is a passionate voice in education and healthcare settings and advocate for the health and wellbeing of children and families. Learn more at healingnectararts.com

Compasstionate Self-Care Cards and Posters are designed to offer a gateway for people to explore and share their experiences and emotions while building connections of trust and safety for healthier life skills, coping skills, and relationships one person at a time. The cards include positive affirmations and open-ended questions to promote healthy mental and emotional self-care.

healingnectararts.com

COMFORT FOOD

By Angela Madaras

Zucchini Bread

Ingredients:

3 eggs
2 cups sugar
1 cup vegetable oil
2 ounces unsweetened baking chocolate dark (70%)
1 teaspoon pure vanilla extract
2 cups grated zucchini and slightly squeeze out juices
3 cups all purpose flour
1 teaspoon sea salt
1 teaspoon cinnamon powder or freshly grated
¼ teaspoon baking powdered
1 teaspoon baking soda
1 cup chopped walnuts or almonds (you can add any nut or seed you prefer, or leave it out)

Directions:

Preheat oven to 350 degrees fahrenheit.

Beat eggs until lemon-colored then add sugar and oil until smooth.

Melt chocolate then stir in egg combo, vanilla, and zucchini.

Stir in dry ingredients then pour into two well-oiled 9”X5” loaf pans or you could make cup cakes.

Bake about one hour and 20 minutes until cooked through. Use a toothpick to test inside doneness.

Let cool on a cooling rack for 20 minutes. You can eat right away, freeze part of the loaf, or eat one loaf and gift the other. I always share baked goods which is why I tend to bake in muffin tins. This time I used bread pans and cut each loaf in half. I gifted, froze, and we had bread for a few days.

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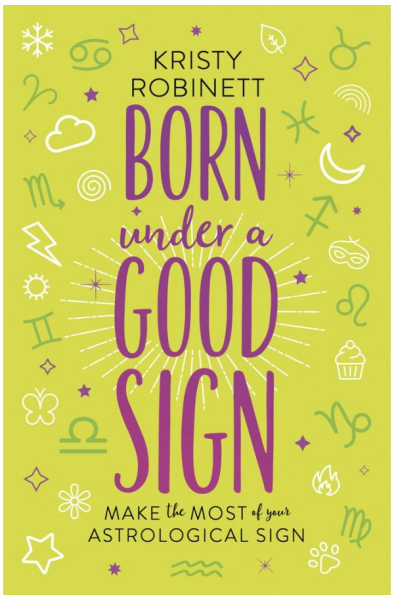
Crazy Wisdom Book Pick of the Week

By Sarah Newland



Born Under a Good Sign by Kristy Robinett

Your Essential Guide to Quick and Easy Astrology

Set yourself up for better relationships and a bright future with *Born Under a Good Sign*, the uncomplicated guide to astrological sun signs. This book strips away the woo-woo and technical charts, leaving only the most useful and clear information on each sun sign's traits and tendencies.

With sensible explanations and playful stories, Kristy Robinett provides everything you need to understand the larger impacts of the signs. You'll learn about planetary influences, communication styles, strengths and challenges, the masculine and feminine energy of each sign, and much more. Kristy also reveals how to handle difficult situations that arise with partners, parents, friends, and children. Featuring indispensable advice that isn't limited to any particular year, *Born Under a Good Sign* is perfect for improving your life and relationships.

Purchase your copy of *Born Under a Good Sign* at shopcrazywisdom.com.

Crazy Wisdom Poetry Series

Hosted by Joe Kelty, Ed Morin, and David Jibson

Second and Fourth Wednesday of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com for the Zoom link.

Second Wednesdays, 7-9 p.m. Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m. Featured Reader(s) for 50 minutes. Open Mic reading follows for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Featured Reader: Dunya Mikhail

Dunya Mikhail is an Iraqi-American whose five books of poems address themes of war, exile, and loss. She has received Guggenheim and Kresge fellowships, the Arab American Book Award, and the U.N. Human Rights Award. She currently teaches Arabic language at Oakland University. Her reading will be bilingual.

7:00 PM - 8:45 PM • Wednesday, September 23, 2020

Email cwpoetrycircle@gmail.com for Zoom link.

Featured reader is followed by Open Mic reading. • FREE. All writers welcome • Read your own or other favorite poetry. • Sign up begins 6:45 p.m. • Poetry Series readings every fourth Wednesday hosted by Joe Kelty, Ed Morin, & Dave Jibson. See our blog at cwcircle.poetry.blog.

IT'S NEARLY FALL, Y'ALL!

Great Farms & Orchards to Visit When the Leaves Start Blowing

By Jennifer Carson

When school starts and the stars begin to twinkle a bit earlier in the evening sky, one can't help but think of picking apples, carving pumpkins, Halloween costumes, and hay rides. We've compiled some of the most unique orchard and farm experiences we could find in southeastern Michigan. Grab your jacket and wellies and enjoy the crisp autumn air before Jack Frost dances on your eyelashes!

Wing Farm

Wing Farm, located in Ann Arbor, has been locally owned and operated for over 150 years by the same family. Over the years, the farm has been host to herds of sheep, cattle, and cows as well as fields growing corn, soybeans, and rye, as well as their locally famous giant pumpkins. You can purchase a farm fresh turkey for your Thanksgiving table, gourds, and pumpkins. They also sell cider and offer hayrides on the weekends beginning September 28th. To learn more about Wing Farm, visit them online at wingfarms.com. Wing Farms is located at 5335 Dexter Ann Arbor Road, Ann Arbor, MI 48103.

Jenny's Farm Stand

For a great family day out, take a drive just west of Dexter to Jenny's Farm Stand. This 200-year-old working farm offers fun for the whole family. Enjoy a romp through the straw maze, pick a pumpkin, ride a pony, or enjoy a hayride through the pumpkin patch. Ready for a snack? You'll find freshly made doughnuts, maple syrup, canned goods, and seasonal fruits and vegetables. For more information, visit them online at jennysfarmmarket.com. Jenny's Farm Stand is located at 8366 Island Lake Road, Dexter, MI 48130.

Wasem Fruit Farm

You may recognize this farm from their Ann Arbor Farmer's Market stall. Wasem fruit farm is a family owned fruit farm in Milan. You can pick your own apples, pumpkins, and cherries. They also offer cider and fresh doughnuts made daily. In addition, they grow a variety of other fruits, including: currants (red and black), gooseberries, peaches, plums, pears, and raspberries. Check out their Facebook page for up-to-date information. Visit them online at wasemfruitfarm.com. Wasem Fruit Farm is located at 6580 Judd Road, Milan, MI 48160.

Kapnick Orchards

Kapnick Orchards is located south of Ann Arbor in rural Britton. It's a great drive on a sunny fall day. The orchard has been family owned and operated since 1958 and boasts its own bakery and cider mill. In their farm store, you can purchase homemade fudge and apple butter, as well as freshly baked goods, doughnuts, prepared jams, nuts, and candies. In the fall, you can pick your own apples and pumpkins, enjoy a wagon ride through their Enchanted Forest, and visit the farm animals. The second weekend in October is their annual Apple Festival featuring artisans and crafters, entertainment, and of course seasonal goodies! For more information visit their website, kapnickorchards.com. Kapnick Orchards is located at 4245 Rogers Highway, Britton, MI 49229.

Plymouth Orchards and Cider Mill

A woman owned and operated business since 1977, Plymouth Orchards and Cider Mill offers cider, doughnuts, wagon rides, and live entertainment. In 2018, with a grant from Michigan State University, they were able to purchase solar electric panels that provide 70% of the electricity the farm needs to operate the cider mill building. Committed to sustainable practices, they are also a certified organic working farm growing apples, blackberries, raspberries, and asparagus as well as organic rye, oats, and hay. The orchard offers wagon rides to the pumpkin patch, a meander through the hay bale maze, a visit to the farm animals, or you can watch cider being pressed and staff making doughnuts and pies. Find more information online at plymouthorchards.com. Plymouth Orchards and Cider Mill is located at 10685 Warren Road, Plymouth, MI 48170.

The Crazy Wisdom weekly Calendar

Health and Wellness

H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade & up) • September 13 • 1 p.m. • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (rather than reinforcing feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves and genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the prophecy of "1000 Years of Peace." For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Kabbalah for Couples • September 13 • 3 p.m. • This is not couples therapy. This is for basically good relationships that both parties are willing to work on, to make their relationship even better, physically, emotionally, mentally, financially, spiritually, and energetically. This two-hour session (rather than one hour), one time per month, for about a year, can help you get your relationship to the place that you always wanted it to be but did not know how. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Online Workshops

"Weekly Zohar (The Book of Radiance)" Study • September 6 • 8 p.m. • Explore the hidden and mystical meanings concealed in the Old Testament (Torah); deepen your spiritual knowledge, awareness, consciousness, and connection. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Training (Karen Greenberg's Clair-Ascension Kabbalistic Balance) • September 11 • 10 a.m. • After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Creating Your Ideal Mate • September 6 • 12 p.m. • Identify your Ideal Mate's qualities (as I did so to manifest my mate of over two decades) and enhance these with the richness of the group input. Learn how to use ceremony, meditation, chanting, movement, fragrances, essences, elixirs, herbs, flowers, colors, shapes, metals, altars with sacred symbols, Archetypal images, and candles. Learn to work to remove blockages, to work through fears and "deserving" issues, and to trust the Divine Order and Timing! For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Shamanism

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life • September 5 • 9 a.m. • A two-day online ZOOM class to learn an easy and powerful tool for accessing spiritual information. Learn techniques to help you develop a self-directed practice of empowerment, to move through the world in a balanced way. This class is a prerequisite to ongoing and more advanced shamanic studies. Cost: $150 per person. Goes 9am-3pm each day. For more information contact Judy Ramsey at 734-665-3202 or ramsey.judy003@yahoo.com or visit her online at Judyramsey.net.

Shamanic Animal Healing • September 15 • 7 p.m. • In seven weeks, explore unique perspectives for animal healing that draw upon core shamanic practices as well as other traditions. Students will develop a toolkit of techniques within a supportive, interactive, and experiential learning framework of instruction from a professional animal communicator who also practices shamanism. Pre- requisite: students must know how to journey. Knowledge of animal communication not necessary. Class is online every Tuesday for 7 weeks. Fee is $325/$280 if paid by Sept. 1, 2020. For more information contact Judy Ramsey at 734-665-3202 or ramsey.judy003@yahoo.com or visit her online at Judyramsey.net.

Meditation, Yoga, and Martial Arts

Myriad of Meditations • September 6 • 10 a.m. • Meditation is an essential component to spiritual evolution. Learn a myriad of meditation techniques, to discover which resonate for you (possibly dissolving years of resistance to mediation). Learn meditations with fire, water, air, earth, with the Four Worlds, with different breathing, with Holy Geometry, sacred letters, powerful Archetypes, spiritual beings, qualities of G-D, with movement, music, toning, colors, scents, gemstones, and trees, including several guided meditations through the Tree of Life.

RYT-200 Yoga Teacher Training • September 12 • 8:30 a.m. • Verapose Yoga is a Registered Yoga Teacher Training School with the Yoga Alliance. Upon completion of the requirements,

you may register with the Yoga Alliance as a Registered Yoga Teacher (RYT-200). Join us for our 200 Hour YTT to empower your connection to your Self, and to learn how to guide others in enjoying the benefits of yoga. Small class size; space is limited, to provide high quality instruction and support. Contact us today for an Application! Form ore information contact Courtney Fitzpatrick by emailing Courtney@veraposeyoga.com or visit Verapose Yoga online at veraposeyoga.com.

Virtual Group Therapy

Mindfulness-Based Cognitive Therapy Group for Those Age 60 plus with Mariko A Foulk LMSW, and Halla Motawi LMSW • September 23 • 7 p.m • 8 weekly group therapy sessions, evidence-based, to prevent relapse of depression/anxiety. Form ore information coall 734-764-2556.

Writing and Poetry

Crazy Wisdom Poetry Series • September 23 • 7 p.m. • Poetry Reading. Featured reader: Dunya Mikhail. Followed by open mic. Email: cwpoetrycircle@gmail.com for more information. Email cwpoetrycircle@gmail.com for the Zoom link.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.

Thank you to the wonderful staff that has kept this important part of the Ann Arbor community strong all of these years.

Linda S. Bender, ACSW, LMSW
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The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

“Autumn is the mellower season, and what we lose in flowers we more than gain in fruits.”
– Samuel Butler
Photo by Jon Sailer on Unsplash